

COVID-19 GUIDANCE

WHAT DOES COMMUNITY MITIGATION MEAN?

These recommendations are made by the Placer County Health Officer to slow the spread of COVID-19 in our community; reduce the number of people infected; and especially protect those who are most vulnerable to severe illness.

GUIDANCE FOR INDIVIDUALS



- WASH HANDS WITH LIQUID SOAP AND WATER
- REGULARLY CLEAN SURFACES TOUCHED BY MANY PEOPLE.
- STAY AWAY FROM PEOPLE WHO ARE ILL



VISIT PLACER.CA.GOV/CORONAVIRUS FOR MORE INFO.

GUIDANCE FOR THE MOST VULNERABLE



- WHO: PEOPLE OVER 60 YEARS OF AGE AND THOSE WITH CHRONIC HEALTH CONDITIONS
- STAY HOME AND AWAY FROM CROWDED SOCIAL GATHERINGS
- TRY TO STAY AT LEAST AN ARM'S LENGTH APART FROM OTHERS



WORKPLACES AND BUSINESSES



- MINIMIZE THE NUMBER OF EMPLOYEES WORKING WITHIN ARM'S LENGTH OF EACH OTHER
- IMPLEMENT TELECOMMUTING IF FEASIBLE
- SUSPEND NONESSENTIAL EMPLOYEE TRAVEL
- CLEAN COMMONLY USED OBJECTS AND SURFACES

MASS GATHERINGS AND LARGE COMMUNITY EVENTS



- CONSIDER MODIFYING, POSTPONING OR CANCELLING MASS EVENTS, ESPECIALLY IF LARGE NUMBERS OF PEOPLE WILL BE WITHIN ARM'S LENGTH OF EACH OTHER
- DISCOURAGE ILL PEOPLE FROM ATTENDING

GUIDANCE FOR SCHOOLS

SCHOOLS SHOULD MINIMIZE STUDENTS AND/OR STAFF WORKING WITHIN ARM'S LENGTH OF EACH OTHER WHENEVER FEASIBLE. DECISIONS ABOUT CLOSURES CAN BE MADE IN COLLABORATION WITH THE LOCAL HEALTH DEPARTMENT.



EVERYONE SHOULD STAY HOME IF THEY ARE SICK UNTIL THEY HAVE HAD NO FEVER, COUGH OR OTHER RESPIRATORY SYMPTOMS FOR AT LEAST 72 HOURS AFTER SYMPTOMS RESOLVE OR 7 DAYS AFTER SYMPTOMS BEGAN, WHICHEVER IS LONGER.

IF YOU ARE SICK

MORE RECOMMENDATIONS AT WWW.PLACER.CA.GOV/CORONAVIRUS

